



MICHAEL ANDERSON

Corporate Wellness Dietitian

Transformative Diet Therapy Specialist with a focus on corporate wellness programs and nutrition education. With over 6 years of experience working with organizations to enhance employee health through tailored nutrition initiatives, I am passionate about creating engaging and informative programming that drives measurable results. Proficient in conducting health assessments, developing workshops, and providing one-on-one nutrition counseling.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor's in Nutrition and Dietetics

University of Health Sciences
2015

SKILLS

- Corporate Wellness
- Nutrition Education
- Program Development
- Health Assessments
- Employee Engagement

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Corporate Wellness Dietitian

2020-2023

FitWorkplace Solutions

- Developed and implemented nutrition programs that improved employee health metrics by 25%.
- Conducted workshops on healthy eating that increased participation in wellness initiatives.
- Collaborated with fitness trainers to create integrated health programs.
- Facilitated individual counseling sessions, enhancing personal accountability for health.
- Utilized feedback surveys to continuously improve program offerings based on employee needs.
- Analyzed health data to track progress and outcomes of wellness programs.

Nutrition Educator

2019-2020

Wellness at Work

- Designed nutrition curricula for workplace wellness initiatives, reaching over 1,000 employees.
- Conducted cooking demonstrations that increased employee engagement in healthy eating.
- Evaluated nutrition needs through health screenings, providing personalized recommendations.
- Collaborated with leadership to align wellness initiatives with corporate goals.
- Created promotional materials that effectively communicated health benefits to staff.
- Monitored program success through health outcome assessments and feedback.

ACHIEVEMENTS

- Increased employee participation in wellness programs by 50% within the first year.
- Recognized with the Corporate Wellness Excellence Award for outstanding contributions.
- Developed a comprehensive nutrition handbook used by multiple organizations.